

Smokers are more likely to face an increased risk of developing a serious infection from the novel coronavirus. Quitting can help reduce the risk of serious illness. To help, St. Peter's Health Partners, in collaboration with MVP Health Care and The Community Foundation for a Greater Capital Region, CDPHP, Ellis Medicine, Independent Living Center of the Hudson Valley, and St. Joseph's Health, is offering **FREE** online sessions of The Butt Stops Here Tobacco Cessation Program.

Program Details:

- Participants can use a smartphone, tablet, or computer
- Program materials and log-in information will be emailed after registration is complete
- A participant workbook and CD will be mailed
- Upcoming session dates are listed below. More dates will be added.
  1. Wednesdays at 4 pm beginning September 16
  2. Fridays at 12 pm beginning September 18
  3. Tuesdays at 7 pm beginning September 29
  4. Wednesdays at 7 pm beginning September 30
  5. Thursdays at 7 pm beginning October 1
  6. Wednesdays at 12 pm beginning October 14

**Register with this [link](#)**

\*Sessions are all 7 weeks long (1 hour per class)

If you have any questions, please email [livingwellprograms@mvphealthcare.com](mailto:livingwellprograms@mvphealthcare.com).

**MVP Living Well Programs**

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